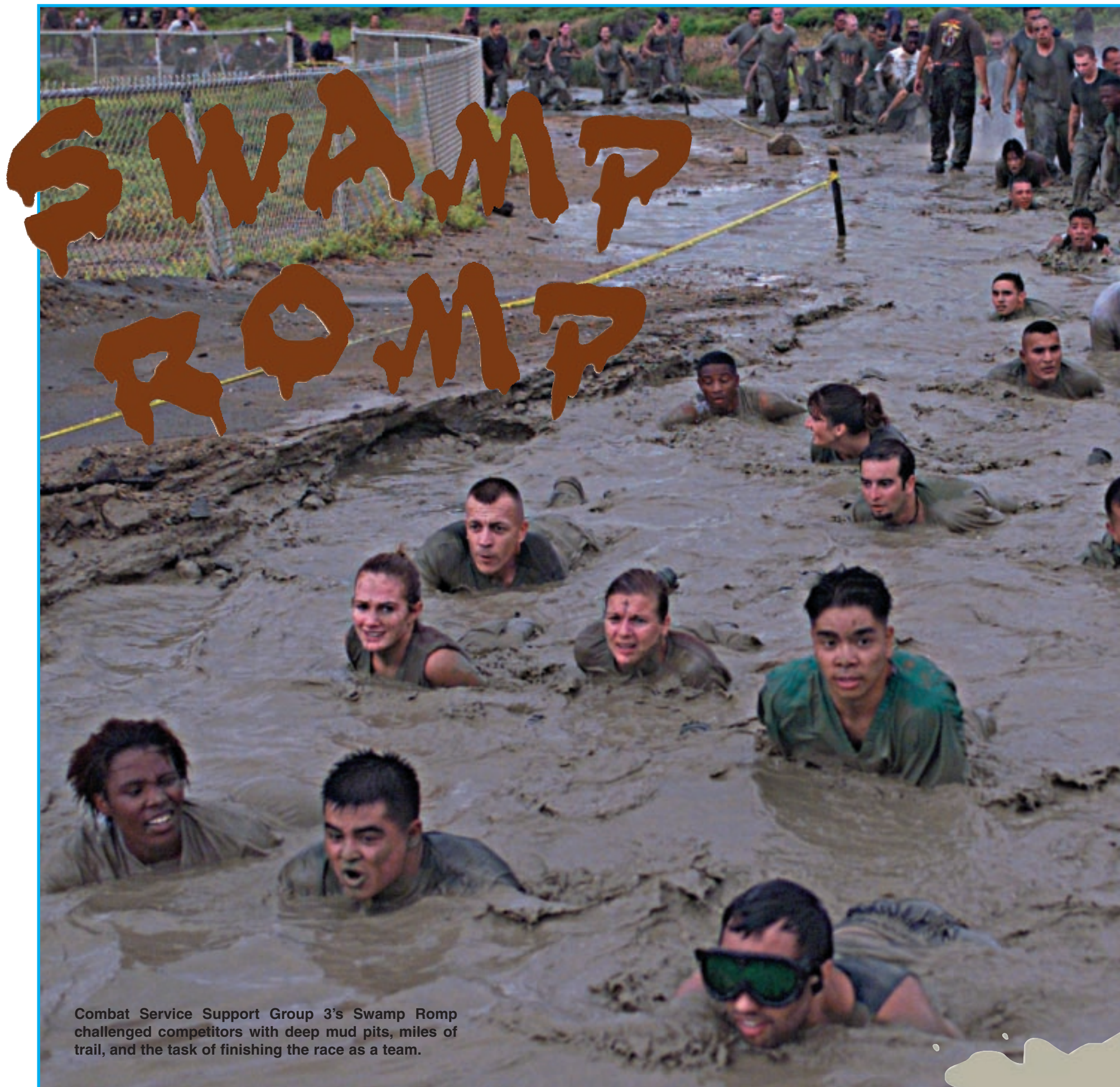


LIFESTYLES

Hawaii Marine B Section

August 1, 2003



Combat Service Support Group 3's Swamp Romp challenged competitors with deep mud pits, miles of trail, and the task of finishing the race as a team.



Runners were harassed all morning by course marshalls with high pressured fire hoses. Some appreciated the chance to get washed off by the water.

Hawaii adventurers get down n' dirty

Story and Photos by
Cpl. Jason E. Miller
Press Chief

The 9th Annual Combat Service Support Group 3 Swamp Romp made a muddy splash aboard MCB Hawaii, Kaneohe Bay, Saturday, as more than 1,000 thrill-seeking fitness nuts from around the island came aboard the base to get down and dirty.

After tons of preparation by CSSG-3 personnel, the five-mile mud course, laid

with deep trenches, awaited the competitors' attempts at finishing the race.

Nearly 200 teams registered to compete in the event that took all entrants nearly an hour to complete. Comprised of six-person teams, the Swamp Romp's more than 1,200 competitors trudged through deep sand, mud pits, man-made obstacles and even ocean surf for more than five miles to reach the finish.

The course, while designed for anyone

See SWAMP ROMP, B-10



Above — Runners trudged through swamp-like trails en route to the race's finish. Right — Staying mud-free during the Swamp Romp wasn't an option, so some runners simply dove head-first into the wet dirt to try and get as filthy as possible.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

AUGUST

1 / Today

Base Library Summer Reading Program — Through Aug. 9, get in the know with a little summer reading and earn special awards.

Children of all ages are welcome to participate in this program. As always, parents are encouraged to read with their children.

For more information, call the base library at 254-7624.

Officers’ Club Membership Sundays — Every Sunday in August, all nonmembers who apply for a First USA membership will receive \$5 off their Sunday brunch per immediate family member.

For more information, call 254-7650.

Officers’ Club Escoffier Dinner Tickets — Fine dining

has grown to be a favorite pastime for many Americans, whether it is the quality of the food, the impeccable service or the luring ambiance of a five-star establishment. There are many reasons diners enjoy the experience.

On Saturday, Aug. 23, the Officers’ Club will open its doors to an evening of elegance with Chef Renato’s Escoffier Dinner from 6 to 8 p.m.

This seven-course dinner will feature Euro-asian-Pacific Rim cuisine and a complementary wine or champagne served with each course. Also, guests will be pampered with personal tableside service and after-dinner cordials.

Setting the mood for the evening will be sounds of pianist Les Peetz.

Evening dress is required, so add a touch of class and dress in your very best.

Tickets go one sale today and can be purchased at the club, or by calling 254-7650.

Seating is limited so get your tickets now.

Kahuna’s NCO Appreciation Night — Bring your right hand man to the club for free food and entertainment by Blue Fuse from 4:30 – 6 p.m.

Hang out until 10 p.m. and catch Sugah Daddy performing live until 2 a.m.

4 / Monday

Officers’ Club Right Hand Man Lunch — Call it a working lunch or just show your appreciation and invite your “right hand man” to the Officers’ Club for lunch.

Pay grades E6 and above are welcome every Monday from 11 a.m. – 1:30 p.m.

7 / Thursday

New Arrivals Orientation at the Base Theater — New to MCB Hawaii? Attend the New Arrivals Orientation at the base theater hosted by Marine Corps Community Services’ Personal Services the first Thursday of each month.

The briefing begins at 8 a.m. , and coffee and donuts are provided.

For more information, call 257-7788.

Bargain Thursdays at The Base Theater — Are you looking for something to do Thursday evenings? Well, you’re in luck because the base theater is now showing Thursday evening movies.

Admission is \$1 for all ranks. Grab a quick snack and enjoy \$1 hot dogs. Call 254-7642 for the movie schedule and times.

Staff NCO Club Sunday Breakfast Buffet — Kick start your Sundays with the breakfast buffet at the new Staff NCO Club.

A variety of breakfast items are served from 9 a.m. – 1 p.m. The Staff NCO Club is located behind the Klipper Golf Course.

10 / Sunday

Staff NCO Club Biker Bash and Chili Cook Off — Cruise over to the Staff NCO Club and show off your toys.

There will be contests with prizes, a static display of bikes, a chili cook off and more!

The fun goes from 3 – 8 p.m. Look for more details next week.

Aloha Key and Award — Aloha Key and Award is expanding. Check out its new location at Mokapu Mall.

Just across the hall from its old location, Aloha Key and Award can do it all from engraving to key replication.

For more information, call 254-2909.

Information, Tickets and Tours — School is out and summer is here! This is the perfect time to take that much needed hiatus from excessive work.

Plan an outer-island excursion or take in some of the sites

and activities on Oahu. Whatever your pleasure, Information, Tickets and Tours, and Leisure Travel can help you with reservations.

Stop by the office at Mokapu Mall or call 254-7563.

Joint Education Center — Registration is underway for College 101 classes. Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the “College 101” workshop that is available each Wednesday at the Joint Education Center in Bldg. 219 from 11:35 a.m. – 12:45 p.m.

Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities have on-base offices in Bldg. 220.

Civilians are welcome to attend this workshop.

Operation Enduring Freedom — Funds are available for free short-term childcare through certified Family Child Care providers.

The active duty family member must be deployed or working extended hours in support of Operation Enduring Freedom.

For referral and more information, contact the New Parent Support Program at 257-8803 or your Key Volunteer.

Family Child Care —Family Child Care is a home setting child care service provider operated by MCCS’ Personal Services department with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule including evenings, weekends and overnight care.

To find a provider, call the Children, Youth and Teen Programs officer at 257-7430. To become a Family Child Care provider at MCB Hawaii, call 257-7030.

Auto Skills Bargains — The

Auto Skills Center will be accepting sealed bids on the below referenced vehicles starting Monday. Closing bids will be accepted until the close of business on Aug. 11.

***Model Minimum Bid**

92 Nissan Maxima \$1,800

95 Mazda B2300P \$1,700

95 Mercury Mystique \$1,600

91 Grand Prix \$50

(*Note: All above vehicles are in good condition; however, the Pontiac Grand Prix is in fair condition, as it requires electrical trouble shooting.

The Grand Prix has been online for three months. This is the reason for the minimum bid being so low. If the vehicle is not sold in the bidding process, it will be salvaged out.)

For more information about placing a bid, call the Auto Skills Center at 254-7654.

Mega Video’s Weekly Specials — Mega Video has a deal a day, so stop by and get your favorite flick. The friendly staff has an expansive knowledge of movies and is always on hand to help.

•**Mondays:** Rent one new release, get one category movie free.

•**Tuesdays:** Pick five titles for half price. (Sorry, accumulated movie credits are not valid on Tuesdays.)

•**Wednesdays:** Rent three new releases (VHS or DVD) and receive an extra day rental.

•**Thursdays:** Rent one DVD at the regular price and rent the second one for \$1.50.

•**Fridays:** Rent family and children’s movies for 50 cents. (Sorry, no new releases on this deal.)

•**Saturdays:** Rent any basic movie at the regular price and rent the second choice movie for \$1. (Sorry, no new releases with this deal.)

•**Sundays:** Rent any Sunday special movie for \$1. (Each week is a different section. See the store calendar for sections.)

Call 254-7560 for more information.



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details.

Upcoming Activities

Today: Enjoy the Shank & Slice Golf Tournament from 12:30 -6 p.m. Cost is \$22 for E-5 and below, and \$30 for E-6 and above.

Prizes, food and sodas will be supplied.

Aug. 16: From noon until 5 p.m., enjoy the day at the “Beach Bash” at Pyramid Rock Beach. This event is free to single Marines and Sailors as well as their guests.

Aug. 30 - Sep. 1: Sign up now for the Big Island Bash. Fly off Oahu on this interisland, bargain trip and explore the island of Hawaii for only \$300.

SM&SP Goes Online

Get more on SM&SP at www.MCCSHawaii.com under the “Semper Fitness” icon.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At the Kaneohe Klipper Golf Course — Practice your swing with free range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.

- Get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 to reserve your spot.

‘One Source’ helps with a myriad of needs

Bryan Driver

Personal and Family Readiness Division, Headquarters Marine Corps

You may know that you can turn to the Marine Corps Community Services’ “One Source” for help with a wide range of questions and issues, but you may not know all of the ways that MCCS One Source can help.

Did you know we can help you find someone to look after your pet during a deployment or field duty, or help you research a new car purchase?

The MCCS One Source site offers a wide range of “life articles” that you can read, or download. Topics include weight manage-

ment, relaxation, procrastination, keeping in touch with friends, tips for better Web searching, Internet addiction, coping with the loss of a pet, and much, much more.

You will surely be surprised at the ways MCCS One Source can help. To speak with an MCCS One Source consultant, call (from the U.S.) 1 (800) 433-6868 or (from outside the U.S., where available) 1 (800) 237-42374. Or, you can dial collect to 1 (484) 530-5908.

A real person will answer every time you

make that telephone call to MCCS One Source.

Visit the Web site at www.mccsone source.com. Enter userid “Marines” and password “semper fi.”

The MCCS One Source site is available at no cost to you. Best of all, it’s here for you — any time of day, wherever you are.

The site also has consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. TTY/TDD also available.



MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Show your I.D. at the box office. Call 254-7642 for recorded information.

2 Fast 2 Furious (PG 13)

Today at 7:15 p.m.

The Italian Job (PG 13)

Today at 9:45 p.m.

Hollywood Homicide (PG 13)

Saturday at 7:15 p.m.

Dumb and Dumberer (PG 13)

Saturday at 9:45 p.m.

Rugrats Go Wild (PG)

Sunday at 3:30 p.m.

Dumb and Dumberer (PG 13)

Sunday at 7:15 p.m.

Hollywood Homicide (PG 13)

Wednesday at 7:15 p.m.

2 Fast 2 Furious (PG 13)

Thursday at 7:15 p.m.

The Hulk (PG 13)

Aug. 8 at 7:15 p.m.

Hollywood Homicide (PG 13)

Aug. 8 at 9:45 p.m.



Courtesy of Steven Kalnasy

Gunnery Sgt. Richard O. Stampp of 4th Force Reconnaissance Co. presents a certificate of appreciation to the “The Manhattans” during the “70s Soul Jam” at the Neal S. Blaisdell Arena in Honolulu, July 20. The Manhattans joined other popular 70’s icons in supporting the U.S. Marine Corps Reserve’s Toys for Tots program with the concert.



Summer toy drive scores big at Honolulu concert

Steven Kalnasy

Special to the Hawaii Marine

HONOLULU — Marine Corps Base Hawaii’s Toys for Tots program achieved another successful toy drive July 20. With the support of local concert promoter Tom Moffatt, the U.S. Marine Corps Reserve’s Toys for Tots charity received toys and money as donations during the “70’s Soul Jam” concert held at the Neal S. Blaisdell Arena in Honolulu.

Moffatt offered to help organize this year’s drive with one of his shows, after the success garnered during last year’s promotional — the Journey concert, where nearly 400 toys were collected.

“I’m just glad that I can help out some unfortunate local families,” said Moffatt. “Toys for Tots is a good charity.”

This time around, concertgoers who made a donation received a chance to participate in the preconcert “meet & greet” with the night’s featured entertainers.

In addition to the charity drive, the Marines who volunteered were treated to performances by soul music legends The Stylistics, The Manhattans, The Chi-Lites, and the comedy of actor/comedian Jimmy “J.J.” Walker from the 70’s TV show “Good Times.”

Halfway through their performance, The Manhattans invited the Marines up onstage. The Marines presented the group with a well-deserved certificate of appreciation for their support of the charity.

Finding themselves onstage, in front of more than 5,000 people, the Marines were all smiles.

“The performing groups and their support staff were hospitable to the

Marines, and the Toys for Tots cause,” said Gunnery Sgt. Richard O. Stampp, 4th Force Reconnaissance Co. maintenance chief, and Toys for Tots coordinator.

In addition to the Manhattans, the Marines gave certificates to the other groups, Moffatt, and J.J. Walker.

“I wanted them to take something home that would remind them of the Corps’ appreciation,” said Stampp.

The ovation of the evening was when the audience erupted in applause and cheered the Marines on, showing their support for jobs well done.

“We’re proud to be able to support the Marines and the children of Hawaii,” said Robert “Squirrel” Lester of The Chi-

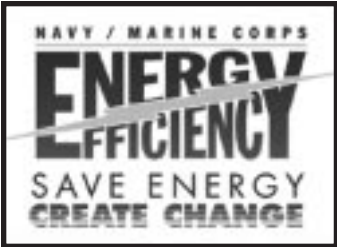
Lites.

“We’re glad the Marines are here. It’s a good cause, and I am honored to help out,” added Walker.

When the night was over, volunteers from MCB Hawaii said they were going home joyous. Not only had they supported the many needy children of Hawaii, but they also established good relationships with the local community.

“We were glad we could help,” said Alan Arato, assistant to Tom Moffatt. “Tom wants to do more of these events with the Marines; it’s a great fit for us.”

The next time you go to a concert in Honolulu, look around. You just might see local Marines making life better for those less fortunate.



RECIPE CORNER

Luscious smoothies or floats can cool down the heat of summer

NAPS
Featurettes

At the end of a lazy, hazy summer’s day — or whenever the mood strikes you — a tropical-tinged smoothie can be a refreshing way to chill out and relax. Or, if you prefer a more traditional frosty beverage, you might wish to relive the days of the old soda fountain by stirring up your own ice cream float.

Today, there are a lot more soda and ice cream varieties to enjoy in combination. Refresco Goya Sodas, for example, are fizzy fruit-flavored drinks that are just scrumptious when topped with a scoop of ice cream. For the smoothie crowd, they make it easy to be fruitful, gathering the essence of such luscious fruits as mango, guava and papaya.

Mango Smoothie

- 12 ounces Goya Mango Nectar
- 1/2 cup vanilla ice cream
- 3 ice cubes

Combine all ingredients in blender container. Cover and blend on high until smooth. This recipe makes two to three servings.

For variety, use other flavors of Goya nectars in place of mango to add spunk. For example, substitute low-fat ice cream or frozen yogurt for the ice cream.

Ice Cream Float

- 1 bottle (12 ounces) Refresco Goya Soda
- 1 scoop vanilla ice cream

Fill a large glass 1/2 to 2/3’s full with soda. Add scoop of ice cream and

Banana Berry Smoothie

- 1 can (12 fluid ounces) Carnation Evaporated Milk
- 1 can (14 ounces) sweetened condensed milk
- 1 ripe banana, sliced
- 2 cups frozen strawberries (about half 16-ounce bag or substitute with 2 cups fresh berries and 1 cup of ice cubes)

Place sweetened condensed milk, evaporated milk, banana and strawberries in blender; cover. Blend until smooth. (Have kids peel the banana, wash the strawberries and add the fruit to blender for a family affair.)

Also, if you don’t have bananas or berries available, get creative and look for other fruits you can mix together for a new combination.

This recipe makes 6 servings.



NAPS

Cool, fruity beverages like this mango smoothie are a refreshing way to chill out at the end of the day.

stir with a long spoon. Stick in a straw and serve.

ON THE MENU

Anderson Hall will serve the following this week:

Today	Butter Cream Frosting Asst. Fruit Pies	Wednesday
<u>Lunch</u> Beef Ball Stroganoff Baked Fish Fillets Macaroni & Cheese Steamed Rice Raisin Drop Cookies Asst. Fruit Pies	Monday <u>Lunch</u> Beef Stew Baked Fish Fillets Macaroni & Cheese Steamed Rice Oatmeal Cookies Asst. Fruit Pies	<u>Lunch</u> Chili Macaroni Roast Turkey Grilled Cheese Sandwich Mashed Potatoes Brownies Asst. Fruit Pies
<u>Dinner</u> Ground Beef Tacos Chicken Enchiladas Chili Conquistador Burritos Refried Beans Mexican Rice Mexican Corn Raisin Drop Cookies Asst. Fruit Pies	<u>Dinner</u> Italian Veal Steaks Braised Pork Chops Boiled Egg Noodles Steamed Rice Oatmeal Cookies Asst. Fruit Pies	<u>Dinner</u> Meatloaf Pork Ham Roast Mashed Potatoes Tossed Green Rice Brownies Asst. Fruit Pies
<i>Specialty Bar (Lunch and Dinner)</i> Pasta Bar	<i>Specialty Bar (Lunch and Dinner)</i> Pasta Bar	<i>Specialty Bar (Lunch and Dinner)</i> Hot Dog Bar
Saturday <u>Dinner/Brunch</u> Turkey A La King Stuffed Pork Chops Steamed Rice Boiled Egg Noodles Spice Cake w/ Lemon Cream Frosting Sugar Cookies Asst. Fruit Pies	Tuesday <u>Lunch</u> Southern Fried Chicken Beef Ball Stroganoff Buttered Potatoes Boiled Egg Noodles Oatmeal Raisin Cookies Asst. Fruit Pies	Thursday <u>Lunch</u> Salisbury Steak Barbecue Chicken Rice Pilaf Oven Brownd Potatoes White Cake w/ Lemon Cream Frosting Asst. Fruit Pies
Sunday <u>Dinner/Brunch</u> Swiss Steak w/ Mushroom Gravy Rock Cornish Hens Rice Pilaf Cornbread Dressing Mashed Potatoes Yellow Cake w/	<u>Dinner</u> Beef Yakisoba Pork Adobo Cajun Fish Fillet Boiled Egg Noodles Steamed Rice Oatmeal Raisin Cookies Asst. Fruit Pies	<u>Dinner</u> Beef Yakisoba Pork Adobo Steamed Rice Pork Fried Rice White Cake w/ Lemon Cream Frosting Asst. Fruit Pies
	<i>Specialty Bar (Lunch and Dinner)</i> Taco Bar	<i>Specialty Bar (Lunch and Dinner)</i> Taco Bar

QUOTABLE: “Character is that which reveals moral purpose, exposing the class of things a man chooses or avoids.”
— Aristotle

WORD TO PASS

Hickam Air Force Base to Host Thunderbirds

Hickam Air Force Base will host the Thunderbirds — the U.S. Air Force’s supreme aerial demonstration unit — along with entertainment, food booths, static displays and more, Aug. 9 - 10.

To find the exciting details, surf at www2.hickam.af.mil and click on “Friends and Neighbors Weekend.”

Haiku Stairs Remain Closed

The City and County of Honolulu is asking the public to be patient and refrain from climbing the newly renovated Haiku Stairs until the facility has reopened.

Officials warn that police will arrest hikers who prematurely enter the popular attraction, which features 3,922 steps that lead to windswept ridge tops and breathtaking, panoramic views of Windward Oahu.

The stairs resemble a series of metal ladders, assembled end-to-end in 500 sections, and attached to the cliffs and ridge tops with long metal spikes.

Ascending these stairs is physically taxing, as hikers will climb roughly 2,400 feet and will be exposed to extremes of heat, wet and wind. The typical ascent can take two to two-and-a-half hours. However, the weather may be unpredictable, the mountains obscured by clouds, and the stairs extremely slippery when wet, adding hours to the climb.

Once the stairs reopen, hikers will again assume all risks of their own free will.

For more information, contact the Public Information Division at 523-4385, or log onto www.co.honolulu.hi.us/newsroom.

MDA Seeks Telethon Volunteers

The Muscular Dystrophy Association is seeking volunteers to participate in the 2003 Jerry Lewis MDA Labor Day Telethon “Catch-a-Cure” program. Volunteers will be collecting funds Aug. 30 - 31 at various locations.

The Catch-a-Cure program will be highlighted during the telethon to raise additional funds to support research, public health education and services for people affected by any more than 40 neuromuscular diseases. The telecast will run from 10 p.m. to midnight, Aug. 31, and 8 a.m. to 5 p.m., Sept. 1 on KITV Channel 4.

To volunteer or for more details, call the MDA office at 548-0588.

Hale Koa Hotel Lists Events

Fort DeRussy’s Armed Forces Recreation Center, the Hale Koa Hotel in Waikiki, will provide patrons a summer jam-packed with exciting, relaxing or adventurous activities — whatever’s your pleasure.

Call the Activities Desk at 955-0555, ext. 546, to find out more details on this events.

•*Tuesdays*: Beginning at 6 p.m. in the Banyan Tree Showroom, military members and their families can treat themselves to mystery, fantasy and refreshing comedy, as the Hale Koa Hotel has opened a

new Magic in Paradise show. Your evening will start with a bountiful all-you-can-eat buffet, and then it’s show time with one of Hawaii’s hottest magicians. Tickets cost \$20.95 for adults and \$12.95 for kids under 12, plus a 10 percent gratuity.

•*Tuesday - Aug. 12*: Back to School Magic Shows in the Banyan Tree Showroom will offer mind-boggling illusions by one of Hawaii’s favorite musicians and an all-you-can eat buffet complete with fried chicken, pizza and spaghetti for little ones. Doors will open at 6 p.m.; the reduced kids’ price is \$9.95 (under 12, excluding infants), adults \$20.95, plus 10 percent gratuities.

•*Aug. 25*: Tickets go on sale for Oktoberfest, happening Sept. 24 - 28. The traditional German event celebrates authentic food, drink, music and dancing. Admission will be \$8 per ticket, and the menu will be ala carte.

•*Daily*: Groups of 20 or more planning to use the park space need to contact Parks & Recreation. Park rules prohibit stakes, tents and tarps; alcoholic beverages or additional grills; bicycles, skate-

boards and rollerblades; and animals.

Hawaii Kai to Celebrate Summer with Festival, Aug. 16

Come celebrate ohana with Koko Marina Center’s “Summer Fun Festival,” Aug. 16 from 1 - 5 p.m. The center will feature its very own “Taste of Ohana” with foods from around the world, exciting activities and booths, a farmer’s market with fresh produce and flowers, and demonstrations, including 808 Skate’s infamous half-pipe X-treme demo and stunts.

Also, catch an aloha attire, pet fashion show at 1:30 p.m.; Tae Kwon Do at 2:15 p.m.; keiki yo-yo demonstrations at 3 p.m.; hula at 3:45 p.m.; a cardio class at 4:30 p.m.; and 808 X-treme skating from 1 - 5 p.m.

Attendees may try their luck at the balloon-filled prize cage, spin their fortune at the Spin-n-Win Wheel, and tour the entire center for a chance to win a three-night Las Vegas vacation.

For more details, visit www.KokoMarinaCenter.com. The cen-

ter is located at 7192 Kalanianaʻole Hwy. in Hawaii Kai, and features a variety of water sports activities, shops, fine dining and casual restaurants and an eight-cineplex theater.

Theater, Festivals Get Underway

If you want to be entertained, catch a performances at local theaters.

•*Today - Aug. 3 at the Kumu Kahua Theater (46 Merchant St., Honolulu)*: “Aloha Las Vegas,” about a land-rich and cash-poor local family that prepares to move from Hawaii to Las Vegas in an out-migration comedy. Tickets range from \$5 - \$16. Call 536-4441 for show-times. Kumu Kahua Theater productions are supported, in part, by the State Foundation on Culture & the Arts and the Mayor’s Office of Culture & Arts.

•*Saturday - Aug. 10 at Diamond Head Theater*: “The Wizard of Oz” featuring music and lyrics from the MGM motion picture. Catch performances Saturday at 3 p.m., Sunday at 4 p.m., Thursday at 8

See **WORD TO PASS, B-6**

Dog Park Survey

1) Do you know that we have a Dog Park located on Marine Corps Base Hawaii?

___No, I had no idea there was a Dog Park on base.
___Yes, I know we have a Dog Park.

a) If yes, have you ever used the Dog Park?

___Yes ___No

b) If yes, how often do you use it?

___1-2 times/week ___2-5 times/week

2) Now that you know about the Dog Park, do you plan to use it?

___Yes ___No

a) If no, please indicate why.



Courtesy of Facilities Department, MCB Hawaii, Kaneohe Bay

The MCB Hawaii dog park offers owners a chance to allow their dogs to run free and play with other dogs.

Pets can now walk their owners

Public Affairs Office Press Release

In response to a concern addressed in the “CG Mail” column in March of this year, MCB Hawaii reopened a 30-foot by 80-foot dog park along the stream behind Pop Warner Field,

between Alpha Co., 1st Battery, 12 Marine Regiment’s Headquarters Building, and Barracks 7005.

At the site, pets can run and play together in the park at the same time, under the supervision of their owners. Also, benches and trash

receptacles are provided for the convenience of patrons using the dog park.

To determine if there is enough interest for the base to install a park in a more convenient location, MCB Hawaii is conducting a survey for dog owners who live on base

regarding the dog park.

Patrons are encouraged to complete and return the survey at left. Drop off the completed survey in the box located outside the Veterinarian Clinic aboard MCB Hawaii, Kaneohe Bay.

Surveys will be tallied and results forthcoming.

WORD TO PASS, From B-5

p.m., Aug. 9 at 3 p.m., Aug. 9 at 8 p.m. and Aug. 10 at 4 p.m. Tickets cost \$10 - \$40 with discounts for military; call 733-0274 for more details.

•*Today - Aug. 3 at the Hawaii Theater:* “On Dragonfly Wings,” an award-winning musical. Shows will go today and Saturday at 7:30 p.m., and Sunday at 4 p.m. Tickets cost \$15 - \$40. Call 528-0506 for more information.

•The Kennedy Theater and the Earle Ernst Lab Theater at the University of Hawaii (1770 East-West Road, Honolulu) announce their 2003 - 2004 season. Keep watch for the following performances that will kick off live theater in October: “The Paper Bag Princess and Other Stories,” “Moral” and “Agamemnon.” Tickets range from \$3 - \$15, with discounts for military. Call 956-7655 for specifics.

•The Honolulu Theater for Youth offers stimulating and entertaining plays for children of all ages, and adults. Call 839-9885 for further details.

•The Honolulu Symphony provides a diverse schedule of sounds for all musical palates. Call 792-2000 for more about the 2003 season.

Tuition Classes Run on Wednesdays

Marines and Sailors who are using tuition assistance for off duty education for the first time, must attend the College 101 Workshop at the Joint Education Center in Classroom 6 of Bldg. 219.

Workshops are held Wednesdays from 11:35 a.m. to 12:45 p.m. and cover benefits and other educational opportunities. Call 257-2158 for more details, or surf www.mccsha.waii.com/jec.htm.

Military Spouses’ Club Thrift Store Now Open at Camp Smith

Patrons are invited to browse and/or make donations to the new Military Spouses’ Club Thrift Store, in Bldg. 366 at Camp H. M. Smith. Located by the old stables, the 1,280-square foot facility is open for business Mondays, Tuesdays, Thursdays and Fridays from 11 a.m. to 5 p.m.

All items at the thrift store are acquired by consignments and donations. Items include books, men’s and women’s clothing, toys, furniture, and a great deal more. Pickup is available.

Proceeds benefit numerous charitable or nonprofit organizations. For more

details, call Denna Muncy, manager, at 429-5755, or the 24-hour thrift store hotline at 271-9789.

Military Widows Give Support

The Society of Military Widows invites widows and widowers to join the organization during any upcoming gathering, which provides informal and friendly fellowship for attendees.

The group meets at 6 p.m., the second Friday of every month, at the Mongolian barbecue held at the MCB Hawaii, Kaneohe Bay Officers' Club. The support group also meets the third Saturday of every month at different locations.

If you’re interested in participating, contact Judith Breitwieser at 262-7953.

HBB Talks About Benefits

The "Hawaii Bulletin Board" is a radio talk program that currently airs every Saturday on KWAH, 1080 AM, from 2:05 - 3 p.m.

Many of the topics dis-

cussed include current information regarding benefits and legislative matters of interest to veterans and active duty military.

Listeners are encouraged to call in and respond to matters, or to share information about activities in their community or organizations, of interest to others.

Word to Pass Accepts Faxes

If you would like to announce activities or events of general interest to the military or DoD community, fax them to the *Hawaii Marine* at 257-1289, at least two weeks in advance of the event.

For more details, call the *Hawaii Marine* staff at 257-8836 or 257-8837, or drop by Public Affairs, located in Bldg. 216.

Owners know that a dog is a lifetime commitment

NAPS Featurettes

Like the bonds of matrimony, getting a dog is a lifetime commitment. They offer unmatched devotion, loyalty and friendship, but they require more than just food and shelter in return.

They also need healthy doses of exercise, training and — most of all — love and attention.

Steps to a happy and long-lasting relationship with your dog are many and include the following:

•**Find the right dog for you.** Research the breeds to find the one with the right size, energy level, trainability and temperament for your lifestyle.

•**Find a responsible breeder.** Ethical breeders breed for quality, health and temperament, and they want to find loving homes for their puppies with responsible owners who understand the commitment.

•**Identify your dog.** Get an identification tag for your dog’s collar and consider a microchip or tattoo. These steps can

help you recover your dog should it become lost.

•**See your vet.** You and your dog should visit the veterinarian regularly, and make sure to keep vaccinations current.

•**Provide regular exercise.** Regular exercise will help ensure continuing good health. Take your dog for a walk, run around in the yard, or play fetch — anything to get it up and moving.

•**Teach basic commands.** Teaching your dog basic commands such as sit, stay and come will not only make your life easier, but they will also fulfill your dog’s desire to learn and please you.

•**Socialize your dog.** Expose your dog to different people and settings regularly. The more your



Staff Sgt. Robert Carlson

Prospective pet owners should weigh the responsibilities of owning a pet, as well as their level of commitment, before acquiring any pets.

dog learns of the world, the more comfortable it will be out in it.

•**Supervise play with children.** Children and dogs can be great companions, but they require supervision when

playing together.

•**Spay/neuter your pet.** Breeding should be left to experienced individuals. Have your pet spayed or neutered to avoid unwanted litters.

•**Contact the AKC for help.** For more information on how to be a responsible dog owner, visit www.akc.org which is a great resource for help in selecting a breed, finding a breeder, providing basic care and training, and a whole lot more.

Join the American Kennel Club and hundreds of local AKC-affiliated clubs across the country on Sept. 17 when they will celebrate “Responsible Dog Ownership Day.”

Clubs will hold events to educate the public about how to be responsible dog owners.

Visit the Web site www.akc.org to find an event that you can participate in near you.

Attending off duty education *can be* affordable

(Editor’s Note: Service members are encouraged to also contact the Joint Education Center, Bldg. 219 aboard MCB Hawaii, Kaneohe Bay, for details about 100 percent tuition assistance. Call the JEC at 257-1232.)

Elizabeth Moore

Navy-Marine Corps Relief Society,
Pearl Harbor

The cost of a college education rises every year. Now, the average in-state school is more than \$3,000 a year, while private or out-of-state schools can be four and five times that amount.

Some feel no dollar should be spared when it comes to getting a college education. And while education is one of the most important investments you make in life, there are ways to save.

The following is a list of tips to help make the college experience more affordable.

•**Start saving early.** Time is your friend. Even \$25 a month begins to add up; after five years you can have saved \$1,500.

Create a sensible budget to determine how much you can set aside for education.

Navy-Marine Corps Relief Society caseworkers can assist in helping you to develop a budget that meets your needs.



•**Pursue scholarships from multiple sources.** High school guidance counselors can be great assets in this department. Scholarships are offered based on a wide variety of criteria such as financial need, relationship in certain ethnic groups or organizations, past academic success, community service, career goals, and the list goes on.

The NMCRS offers scholarships to military families. Its Vice Admiral Travers Scholarship/Loan Program applications are available to children of Navy and Marine Corps personnel each January for the following school year.

Also available is the Bowfin Memorial Scholarship for Hawaii submariners and their families, and DECA/Commissary Scholarships for children of military personnel.

•**Get Uncle Sam involved.** The government has a variety of programs that

pay for your education if you commit to working in a certain field for a few years after graduation. The military, for example, makes college more affordable. A full tour of active duty service can be worth up to \$65,000 in education benefits.

•**Shop and compare.** Schools compete for students who have been successful in the past. Narrow your selection down to a few schools that closely match your academic desires, interests and budget. Talk to the financial aid offices at those schools about aid packages and scholarships available.

•**Attend a more affordable school at first.** You can greatly reduce the cost of college by attending a community or junior college for the first two years, then transferring to a four-year institution.

Even if a chunk of your coursework was completed somewhere else, your diploma will be from the institution you are attending when you meet the graduation requirements.



•**Take advantage of work/study programs.** Many colleges and universities have extensive work/study programs available for students to earn money while enabling them to keep focus on their studies.

•**Avoid the pitfalls of plastic.** This is good advice for any occasion, but it can be especially useful for college students. If, however, you find yourself saying “charge it,” at least stick to the golden rules.

Read the fine print on credit card offers carefully, and make sure you understand what you are getting into. Reserve credit cards for emergencies and always make at least the minimum payment.

Remember, while credit cards may seem helpful, they can ruin your credit rating if used unwisely, and that can really hurt some future purchase needs.

•**College is an investment — one that can result in awesome returns.** The NMCRS can assist you with free budget services and referrals to other resources. Contact the Kaneohe Bay office at 254-1327, or Pearl Harbor at 423-1314, for an appointment or more details.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Vehicles	or 222-1916.	day per week in Aikahi Park residence. Pay \$10 per hour. Call 254-3560.
2000 Mazda MPV ES , fully loaded, leather seats, multidisc CD, and much more. Only 47K miles. Asking \$12,000 (\$3,000 below <i>Blue Book</i>). Call 254-9542.	Appliances	Yard Sales
1991 GMC Sonoma , automatic with extra cab. Asking \$1,000 OBO. Call 216-7193, 257-8839 or 253-0322.	Whirlpool washer/dryer , only two years old, with one-year extended warranty, only asking \$400 for both. Call 254-8526.	Saturday & Sunday , at 6541-B Faleafine Place from 6 a.m. till noon. Furniture, dishes, toys and much more will be available at this huge yard sale.
Motorcycles	Furniture	Miscellaneous
1997 Yamaha Virago XV750 , only 4,700 miles, new tires and handlebars, lots of chrome. Asking \$4,000 OBO. Call 254-3337	Dining room set , five pieces with matching loveseat and side chair. Asking \$375 OBO. Call 254-2350 or 721-7721.	Scuba tanks , regulators, weights, BCDs, lights and much more. All for sale at bargain prices. Come take a look and make me an offer. Call 254-8150 or 429-8150 (cell).
	Wanted	
	Housekeeper for house-keeping three hours, one	

Free Makepono Advertisements

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the Hawaii Marine, if space is available.

The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.

Call 257-8836 for more details.

Top 10 ways listed to weed through e-mail

Ken Bisconti
NAPS Featurettes

Eighty percent of corporate leaders said they see e-mail as a more valuable means of communications than the telephone, and 74 percent said they would have more difficulty if they lost e-mail access for five days than if they lost phone access, according to a recent META Group survey.

Given these new findings, it’s important that we learn to use e-mail effectively, calling a halt to unnecessary and misdirected e-mail. In fact, I often get asked for best practices in handling large volumes of e-mail, so here are my 10 steps to help you get the most out of your e-mail.

Bisconti’s Top 10 List

- 1) Don’t use e-mail when other communication tools are more appropriate. Although valuable, there are many instances when e-mail doesn’t replace face-to-face communication, phone calls or instant messaging.
- 2) Don’t use your inbox as a catch-all folder. Delete or categorize e-mail in folders. Categorizing messages by group or sender is an easy way to organize your e-mail.
- 3) Know your audience.



Cpl. Jason E. Miller

Jennifer Yoon, a summer intern at the Public Affairs Office, MCB Hawaii, prepares to access her e-mail and weed through her incoming messages.

Send e-mail only to people who need to see it. Use copying, blind copying and group e-mail addresses appropriately.

4) Use graphics and attachments sparingly. This reduces the amount of disk space on the recipient’s server, and relieves the network of heavy e-mail traffic.

5) Use team workspaces, forums and document libraries to reduce long e-mail threads and optimize storage.

6) Change your e-mail default so that not every piece of e-mail is saved and using valuable space.

7) Handle important e-mail first. Use e-mail rules to place important messages in “Hot List” folders and use modern inbox settings like custom colors to flag e-mail from important senders.

8) Get rid of spam using

a server or client-side anti-spam solution to reduce undesirable e-mail.

9) Only keep the last 90 days of e-mail. Delete the rest automatically or use e-mail archiving to store it offline.

10) If you’re a traveling user, learn how to use your e-mail program’s replication or synchronization settings to limit download time and storage.

We are at the beginning of a new era in personal and workplace collaboration, and the future will depend on how wisely we use all the technology tools that are becoming available to us.

(Editor’s Note: Ken Bisconti is the vice president of Messaging & Advanced Collaboration Solutions, Lotus Software, IBM Software Group.)



SWAMP ROMP

Race is a dirty success

From B-1

to compete, still offered a huge challenge to even the fittest athlete. Some areas required participants to swim through mud after being drenched with a fire hose.

Teamwork was the main area of focus, though, as the race is not finished until the final member of the team crosses the finish line. Teamwork is also needed to help racers get over several man-made obstacles put on the course.

At the end of the romp, racers were greeted with fresh showers, live music and an awards ceremony to honor the top placers in the event.

“The Swamp Romp is generally held in March or April, but was pushed back due to several deployments and world events this year,” said Steve Kalnasy, varsity sports coordinator for Marine Corps Community Services. “Up until a couple weeks ago, we only had about 15 teams registered, and things were looking bleak. But, it really turned out to be a huge success.”

This year, more than half of the nearly 200 teams came from places other than MCB Hawaii.

“It gives people a chance to know what it feels like to be in the military; that’s really its biggest draw,”said Kalnasy. “The Swamp Romp is really a great way for the Corps and the community to come together every year.”



Above — Swimming through more than three feet of pure mud, many competitors found themselves immersed and nearly stuck in the wet K-Bay silt. Left — After completing nearly all five miles of this year’s Swamp Romp, some teams found the last bit of the course quite grueling and lost members before the finish. They were penalized for doing so.

